



District 53 Toastmasters Spring 2023 Conference

"SPRINGBoard to Success"



Committee Biographies

David Freedman, DTM; Conference Co-Chair

During his over 35 years in Toastmasters David has served many leadership roles at various levels, including the Senior Leadership team, as District Treasurer, officer training teams, and District Chief Judge.

A trainer & instructional designer David has served on the Board of Directors of a local chapter of the Association for Talent Development where he also served as their annual conference chair. Through serving in various roles on most planning committees for District 53, including the International Convention District 53 hosted in 2009, inside and outside Toastmasters David has been involved in over 55 events.

David dedicates his time in service to Toastmasters through training and mentorship in order to ensure members build and enhance their communication and leadership skills.

David is a proud member of the Henry Hudson & Niantic Toastmasters clubs.

Janice Dimock, DTM; Conference Co-Chair

Janice Dimock is a Pranic healer, wellness coach and scientist. She has been active in Toastmasters since 2006, serving many roles at the club and District level. She expresses her creative side through writing, painting and storytelling. She finds an abundance of story and speech ideas all around her. Janice is a member of Southern Dutchess Toastmasters.

Richard May, MS5 PM4 VC3; Education

Rick has been engaged in public speaking for over four decades as an ordained minister. He joined Toastmasters in 2020 and since that time has been privileged to serve as Club President, VP, Education, VP, Membership in the two clubs (Blue Chip Toasters and Henry Hudson Toastmasters) in which he is a member. Additionally, Rick has had the opportunity to serve on the District 53 Conference Committee in a variety of capacities, currently as the Education chair. His goal for is to achieve the Distinguished Toastmaster and Certified Speaker designations in the near future.



Stephanie Roy, PI4, VC4; Facilities

Stephanie has spent the last 20 years as an entrepreneur and teacher, specializing in building empowering, community-oriented villages within brick-and-mortar business. She owns a martial arts school as a fifth-degree black belt in Shaolin Kempo Karate, runs a leadership and team training consulting business with her longtime partner, and is a part of a project to bring family empowerment centers to the Northeast. As an avid learner and personal growth buff, Toastmasters has been pivotal in developing and growing her unique voice. Stephanie is a member of Talk It Up Toastmasters & Nathan Hale Toastmasters.

Norm Thibodeau, DTM, SR4; Registration

Norm belongs to three District 53 clubs (Air Line Trail, UHG, and New England Advanced Toastmasters). He serves as Vice-President, Education in all three. He also belongs to the Project Managers United Toastmasters club in Toronto (District 60). Norm is very active at the District level and currently serves as the Administration Manager, Registration Manager, and Logistics Manager. He has been the Registration Chair for all District 53 conferences since 2010, except for the four conferences that he chaired.

Melanie Lee, PM5, DL1; Sponsors & Exhibitors

A Toastmasters member since 2020 Melanie Lee is a member of the Greater Stamford Toastmasters and currently services as Area 11 Director, a Pathways Mentor and Toastmasters #1 fan. Melanie is a product of the NYC public school system, a graduate of the City College of New York, magna cum laude, with a B.A. in literature and communication and, an M.A. in secondary education, English. She also holds an M.A. in Liberal Studies with a concentration in sociology and English literature from Dartmouth College. Melanie is a part-time librarian as well as a founding member and past president of the Center for Worker Education Alumni Group at City College. Melanie is a retired NYC Public School teacher of English, history and creative arts.

Heather Skaaning; Day Program

Heather Skaanning joins us from Nutmeg Toastmasters. She is a certified life coach, a former teacher and in training to be a public speaker. Heather has a heart for the younger generation and started a youth coaching program to foster confidence in our youth. She has been hosting events and coaching to help encourage and add value to people's lives. As someone who believes in the power of the written and spoken word, she joined Toastmasters to help further her dreams to make an impact in this world.



Aaron Anaya, LD5 MS5; Communication & Leadership Award

Aaron has been a Toastmaster for almost 4 years and is working on the Motivational Strategies path. Aaron served as Club President for Henry Hudson Toastmasters in 2021-2022, and is now serving as Area Director for Area 14. Aaron is a Project Management Professional and Professional Engineer in power engineering. He enjoys spending time with his family in the outdoors and is an avid mountaineer.

Christina LaPerle, MS3 PM4 IP4; Volunteers

Christina joined Henry Hudson Toastmasters in July 2016 to alleviate her pre-public speaking jitters and to improve her public speaking and leadership skills. She currently works as a Senior Energy Engineer, Associate at Karpman Consulting providing energy modeling and consulting services to customers across the country. Christina loves to garden, walk, read and to spend time with her dog Kai and husband Michael.

Maya Bahl, DL5 IP5; First Timers

Maya Bahl has proudly been serving both Districts 53 and District 46 and began her Toastmasters journey with District 53 five years ago. She is happy aiding with the First Timers part of the Conference and is so Thankful to be part of Toastmasters International as it has given her the confidence to lead!